

How to Cultivate More Play!!!

For adults:

- Share about what you liked to play when you were a child
- Get moving (dance, bike, skate, jump on a trampoline, swim, surf, ski)
- Play a game with friends
- Join a team sport
- Create art (remember to value the process, and be grateful for the product)
- Play with your child (ask to be included in a game or an imagination)
- Dress up in a costume
- Join a local theatre company
- Take your partner or a friend on a play-date (tennis, boogie boarding, skating, playing catch, dancing)

For Children:

- Offer open ended toys (a thing that can be anything)
- Tell stories, rather than reading a story (your child will get to form his own images)
- Get wet, muddy and dirty
- Create a water play space in your yard
- Best toys for innovative play: rope, box, stick, sheet, ball
- Ask your child over dinner, “what is your favorite way to play?” Then do it together.
- Have an art area accessible, creative inspirations can strike at anytime
- Have a dress up basket or suitcase. (I find fun things at a senior citizen thrift shop)
- Let your child make a meal, no questions asked....any ingredients.
- Leave a wild spot in your yard with tall plants and grasses, your children and the bees will thank you.
- Make a new friend at the park.

